

Wash Your Hands

with soap and warm water for 15-20 seconds
Protect yourself. prevent disease!



Lave sus Manos

con jabón y agua tibia por 15-20 segundos
¡Protéjase a usted mismo. Prevenga enfermedades!

Լվացե՛ք Ձեր Ձեռքերը 請洗手 손을 씻읍시다
Nhớ rửa tay ត្រូវលាងដែរបចំអ្នក ໂປຣດລ້າງມືອ
Мойте руки MAGHUGAS NG KAMAY اغسل يديك
دست هایتان را بشورید

For more information, visit
www.lapublichealth.org



This publication was supported by Grant/Cooperative Agreement Number U90/CCU917012-06 from CDC.
Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.